

Montgomery County Recreation's Margaret Schweinhaut Senior Center

Maryland's First Senior Center - Established 1972



Happenings

May 2023

Schweinhaut Staff

Director:

Karen Maxin

Recreation Specialist:

Beth Coffman

Nutrition Manager:

Lisa Buchsbaum

Recreation Assistants:

JoAnn Charles

Amy Clemmer

Lidiya Grigoryeva

Brenda Harding

John King

Gerry Olson

Jennifer Posner

Michelle Riemer

55+ BBQ Bonanza - #R07107-515

Friday, June 23 • 10:00AM - 2:00PM

Join your friends across the county for a fun-filled day of great food and activities! Transportation will be provided from your respective senior center to the wonderful Smokey Glen Farm located in Gaithersburg, MD. This location is fully accessible. Make sure to wear comfortable shoes for all the games, crafts, line dancing, and so much more! Cost is \$5.00. Lunch is included and vegetarian options will be available. Registration opens May 8 and is required.

NEW!

"It's Your Life"

Were you a beekeeper? Were you in the service? Were you a homemaker during a time when life was very different? We would love to hear your stories. We are starting a series of monthly programs to highlight YOU and to get to know each other. See Karen or Jennifer to sign up.

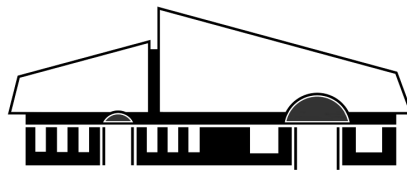
Senior Adventure Camp - #R07104-402

August 22, 23, & 24 • 9:00AM - 2:00PM • Garden Room

Come enjoy a 3-day camp exclusively for Seniors! Make great friends and wonderful memories while exploring fabulous places in the community. Sessions include lunch, themed days, musical entertainment, guest lectures, and trips on a coach bus. Cost of the camp is \$25. Registration is required and space is limited.

Class Cancellations or Changes

Wii Bowling will meet from 9:00AM - 10:30AM on May 24 & 31.



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085 Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, select MCGuest.



MONTGOMERY COUNTY
Recreation

Special Programs

Brookside Gardens Mini-Trip - #R07101-333

Wednesday, May 3 • 9:30AM - 2:00PM • Wheaton, MD

Come take a trip to the beautiful and elegant Brookside Gardens. Enjoy a walk through over a dozen themed gardens such as the Azalea, Rose, and Fragrance Gardens. Take a seat underneath the Japanese tea house which sits over the pond and watch the turtles swim by. Visit the conservatories and view the wonderful and unique tropical plants grown around the world. Make sure to stop by the gift shop to purchase handmade goods from local artisans!

Music by Hong - #R07080-319

Thursday, May 4 & Tuesday, May 30 • 1:00PM - 2:00PM • Garden Room

Come and join Hong as she performs some American folk classics on the piano. Singing along is encouraged!

File of Life Program Presentation by Jim Resnick - #R07105-325

Monday, May 8 • 1:00PM - 1:30PM • Garden Room

Imagine that you are injured or suffer from a medical condition that temporarily renders you unconscious or unable to communicate effectively with paramedics. Without important information about your medical history, how will first responders be able to quickly assess and treat your condition? Come join Jim Resnick from Montgomery County Fire & Rescue Service to learn about the *File of Life*.

Mini-Trip to 2nd Ave Thrift Store - #R07101-331

Wednesday, May 10 • 9:30AM - 2:00PM • Laurel, MD

Prepare for the Long Branch Senior Center fashion show or just go thrifting at 2nd Avenue Thrift Store. This infamous thrift store stocks over 10,000 items every day in their spacious location. Afterwards participants will enjoy a delicious Mediterranean lunch at Olive on Main in Laurel.

Senior Planet: Podcasts - #R07105-318

Thursday, May 11 • 10:00AM - 11:00AM • Garden Room

Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn more about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.

Li-Ly Chang Pianist - Celebration Tea - #R07106-315

Thursday, May 11 • 12:00PM - 2:00PM • Garden Room

Bring your friends and family to enjoy music while sipping flavored tea and tasty assorted cookies. Enjoy a relaxing afternoon celebrating the Moms and Dads in our lives while listening to moving songs from genres such as classical, pop, jazz, and film music while enjoying the company of each other. Space is limited and registration is required.

Rewiring Your Brain by Bill Neely - #R07105-326

Wednesday, May 17 • 1:00PM - 2:30PM • Garden Room

Research shows that the brain develops throughout our lives. Join professional life coach Bill Neely in discovering how to improve your brain and empower change based on your potential rather than your age, finances or physical condition. This program is sponsored by Brooke Grove Retirement Village.

Mini-Trip: Fashion Show at Long Branch Senior Center - #R07089-320

Wednesday, May 17 • 10:00AM - 2:00PM • Long Branch Senior Center

Long Branch Senior Center invites you to model OR participate as an audience member for their annual Spring Fashion Show with the theme of "Second Hand is First". Models are asked to wear at least one item of clothing, jewelry, or shoes that are pre-owned. Space is limited. Register online or at the front desk. Nutrition lunch program will be served at Long Branch at 12:30PM, so lunch registration must be made ahead of time.

Music with Walter Ware - #R07106-314

Tuesday, May 23 • 1:00PM - 2:30PM • Auditorium

Join us in welcoming Walter Ware for the first time entertaining at Schweinhaut. His performance will celebrate women in honor of this past March's Women's History Month. Walter hopes to inspire singing and dancing along to his covers of tunes sung by legendary artists such as Frank Sinatra, Elvis Presley, Nat King Cole, Chubby Checker, Louis Armstrong, The Temptations, Tom Jones, and more. Light refreshments will be provided. Registration is required. Sign up online or at the front desk.

Special Programs

Detox with Essential Oils - #R07028-321

Wednesday, May 24 • 11:00AM - 12:00PM • Garden Room

Spring is the time to think about your health and wellbeing. Come and learn how essential oils can help remove toxic waste from the body. Did you know just a drop or two of lemon essential oil on the feet can help support the liver? Juniper Berry also detoxifies through the kidneys, skin, and urinary tract. These amazing oils and more can offer great support for our bodies as we embrace the wonders of the season.

10 Warning Signs of Alzheimer's Disease - #R07105-322

Thursday, May 25 • 11:00AM - 12:00PM • Garden Room

Am I getting old or am I experiencing symptoms of Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This presentation will answer these questions and provide an understanding of the difference between memory loss associated with normal aging and symptoms of Alzheimer's disease.

Mini-Trip: RIO Washingtonian Center - #R07101-332

Friday, May 26 • 10:00AM - 2:00PM • Gaithersburg, MD

Come to the RIO and make memories on the lakefront! The RIO Washingtonian Center is a lakefront shopping, dining, and entertainment experience for everyone. Take a spin on the Carousel, take a leisurely walk around the lake, shop around, and end your day with a delicious meal at one of the many restaurants in the area.

Akhmedova Ballet Academy Performance - #R07094-308

Saturday, May 27 • 1:00PM - 2:30PM • Auditorium

Students from the Akhmedova Ballet Academy return to Schweinhaut for their premiere of *The Fairy Doll*. The story takes place in a toy shop where all the dolls miraculously come to life. At the center of all this activity is the Fairy Doll, who invites all the other dolls to a ball. Originally premiered at the Vienna State Opera in 1888 as "*Die Puppenfee*", this ballet is a feast for the eyes and the soul and is a delight for all ages.

Senior Planet: Chrome Essentials Class - #R07105-319

Tuesdays & Thursdays, May 16, 18, 23, 25, & 30 • 9:30AM - 10:45AM • Garden Room

This 5-week course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. Chromebooks are fast, secure, and cost-effective computers that run the Google Chrome operating system. By the end of the course, you'll have a foundation for using the device to navigate the internet. You'll also learn to send and receive email. We highly recommend that you follow Chrome Essentials

TV Show: Scandal (1st Season) - #R07106-312

Friday, May 5, 12, 19, & 26 • 1:00PM - 2:00PM • Garden Room

Join us every Friday from April 7 - June 30th as we watch an episode from Season 1 of the Emmy award-winning political thriller series, *Scandal*. The show takes place in D.C. and focuses on a former White House Communications Director who owns a crisis management firm and realizes her clients are not the only ones with secrets.

Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	Ceramics Activity #R07098-303 <i>Instructor: Yvonne Roberts</i>	Tues. & Thurs. from 9:30am - 1:00pm	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	Free
	Card Making Activity #R07095-309 <i>Instructor: Cindy Boccucci</i>	1st or 2nd Sat. from 11:30am - 2:30pm	Allow your creativity to flow as you make unique and personalized greeting cards under the instruction of Cindy Boccucci.	Free
	Fun with Art Activity #R07052-306 <i>Facilitator: Barbara Hunter</i>	Wed. 10:00am - 12:00 pm	Come and discover a new talent whether it's pencil drawing, watercolor, acrylic, or pastel. Bring your own supplies.	Free
	Origami Activity #R07096-301 <i>Facilitator: Lois Dicker</i>	1st Mon. from 1:00pm - 3:00pm	Learn the Japanese art of paper folding. Join others to create fun creations to take home or put on display in our library display case.	Free
3	Anne's Knitting Corner Activity #R07003-305 <i>Facilitator: Peggy Margaret Safa</i>	Wed. from 1:00pm- 3:00pm	Come join Peggy and friends to create a variety of beautiful knitted and crocheted items for charities in the community.	Free

Activity	Day & Time	Description & Contact	Fee
Basic Functional Balance Exercise Activity #R07030-311 Instructor: Julien Elie	1st & 4th Mon. from 8:30am – 9:30am	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
Ballroom Dance Activity #R07011-313 Instructors: Ellen Moran & William Goldberg	Wed. from 12:00pm - 1:00pm	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
Chair Stretch & Strength Exercise (Video) Activity #R07042-303	Tues., Wed., Thurs. from 9:30am - 10:30am	Gain flexibility and strength in this low impact seated exercise class through video instruction.	Free
Let's Dance Activity #R07011-314 Instructors: Ellen Moran & William Goldberg	Wed. from 1:00pm - 1:30pm	Offers a time for practice and fun after our Ballroom Dance class!	Free
Chair Yoga Activity #R07032-312 Instructor: Joy Bartholomew	Tues. from 10:00am - 11:00am	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
Chair Zumba Gold Activity #R07012-320 Instructor: Georgia Martin	Wed. from 9:30am - 10:30am	All the benefits of Zumba Gold with a seated class.	Free
Kickboxing Activity #R07060-317 Instructor: Julien Elie	3rd Mon. from 8:30am - 9:30am	Kickboxing classes can be a little intimidating for beginners but don't worry, you can move at your own pace. Learn the proper mechanics of every offensive and defensive move in kickboxing.	Free
Line Dancing Activity #R07011-315 Instructor: Jo Ann Eng	Sat. from 10:30am - 12:00pm	Learn how to line dance to your favorite songs under the instruction of Jo Ann.	Free
Low Impact Exercise Activity #R07060-306 Instructor: Julien Elie	2nd Mon. from 8:30am - 9:30am	Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines. The workout changes each week. The intensity level is lower than our traditional exercise classes.	Free
<i>Holy Cross Health & Kaiser Permanente Present</i> Senior Fit Activity #R07039-316 (Sat) Activity #R07039-317 (Tues) Instructor: Mike Werle	Sat. from 9:30am - 10:15am Tues. from 9:30am - 10:15am	Holy Cross Health and Kaiser Permanente offer Senior Fit, a 45-minute exercise class designed for adults 55+ to improve strength, flexibility, endurance and balance. Classes are ongoing. Call 301-754-8800 to register. Must complete form prior to participating.	Free
Tai Chi Chuan Activity #07025-318 Activity #R07025-316 Instructors: Glenn Moy (Tues.)	Mon. & Tues. from 1:30pm - 2:30pm	An ancient system of physical and mental harmony. This is an exercise which emphasizes relaxation, balance, and coordination.	Free
Qi Gong Activity #R07059-304 Instructors: Mike Kornely & Julia Schuker	Sat. from 12:00pm - 1:00pm	Qi Gong has been a part of traditional Chinese medicine for centuries. This gentle and meditative form of exercise is perfect for seniors looking to increase their strength, balance, and reduce stress.	Free
Zumba Gold Activity #R07012-321 Instructor: Georgia Martin	Mon. + Fri from 9:30am - 10:30am	A modified Zumba class that recreates the moves you love at a lower intensity. Zumba is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility and boosted energy.	Free

Recurring Activities

Activity

Day & Time

Description & Contact

Fee

EDUCATIONAL

Book Discussion
Activity #R07065-303
Facilitator: Marjorie Hoffman

2nd Tues. from
1:00pm - 2:30pm

May book discussion is *Small Things Like These* and *Foster* by Claire Keegan. In *Small Things Like These* it is 1985 in an Irish town. During the weeks leading up to Christmas, Bill Furlong, a coal and timber merchant, faces his busiest season. As he does the rounds, he feels the past rising up to meet him and encounters the complicit silences of a small community controlled by the Church.
karen.maxin@montgomerycountymd.gov for Zoom link.

Free

Coffee & Conversation with MSSC Staff
Activity #R07092-305

3rd Thurs. from
9:00am - 9:45am

Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.

Free

Italian Class
Activity #R07021-309
Instructor: Nina Baccanari

Weds. from from
1:00pm - 2:30pm

This class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories.
Participants should have a working knowledge of the Italian language.

Free

Spanish Class
Activity #R07015-302
Instructor: Rocio Torresano

Thurs. from
10:00am - 11:00am

Come and learn Spanish at your own pace, whether you are a beginner or are looking to improve on your existing Spanish skills.

Free

Writer's Group
Activity #R07058-309
Facilitators: David Lindsay & Beverly Moss

1st & 3rd Tuesdays
from
10:00am - 12:00pm

Join people who like to write as they read their essays, poems, novel excerpts, commentaries, and other written works. It's a friendly, informal group where lively discussion always ensues. Come to share or to listen-all are welcome. This is a virtual class.
Contact Karen at karen.maxin@montgomerycountymd.gov for Zoom link.

Free

Blood Pressure Screening
Activity #R07108-310
Facilitator: Bernadette Denis

Fri. from
1:00pm - 2:00pm

Come get your blood pressure checked for free by Bernadette every Friday inside Schweinhaut's library room.

Free

Nutrition 101
Activity #R07024-305 (Tues)
Activity #R07024-306 (Thurs)
Facilitator: Josephine Tsobgni Djoukeng, Ph.D.

Tues. from
1:30pm - 2:30pm

Thurs. from
1:00pm - 2:00pm

Nutritionist and Certified Wellness Wave Life Coach, Josephine will host a discussion on how to be your best healthy self.

Free

Senior Services in Montgomery County
Facilitator: Anita Joseph

2nd Tues. from
10:30am - 11:30am

Call 240-777-1062 to **make an appointment** for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.

Free

HEALTH SERVICES

G
A
M
E
S

BINGO!
Activity #R07085-305
Facilitator: Linda Disharoon

Mon. & Thurs. from
 10:30am - 11:30am

Win prizes and have fun!
 Maximum two cards per person.

Free

Wii Bowling
Activity #R07130-301

Wed. from
 10:00AM - 11:00AM

This social game simulates the thrill of a real bowling alley. Strikes, spares, and gutter balls are all welcome!

Free

Pinochle Card Game
Activity #R07099-303
Facilitator: George Kelly

Wed. from
 1:00pm - 3:00pm

Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.

Free

Scrabble Tips & Tricks
Activity #R07099-304
Facilitator: Marcia Bowens

Mon. from
 11:00am - 12:00pm

Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player Marcia Bowens will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters!

Free

Chess Club
Activity #R07110-302
Facilitator: Clifford DuThinh

Tues. from
 10:30am - 1:00pm

Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board. The objective of the game is to capture the opponent's king. Beginners are welcome!

Free

Encore Choral
Facilitator:
Kathryn Harsha

Mon. from
 10:30am - 12:30 pm

For more info, call 301-261-5747 or visit www.encorecreativity.org.

Fee

Seasoned Players Activity
#R07080-313
Facilitator: Helen Cothran

1st & 3rd Wed. from
 1:30 - 3:30 p.m

Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.

Free

Folklore Society of Greater Washington Presents
Song Circle
Activity #R07080-314
Facilitator: Fred Stollnitz

In Person or Zoom
 2nd Fri. of Month
 from
 1:30pm - 3:30pm

Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact FSGW.org/song-circles for information to join.

Free

Angklung Music Lesson
Activity #R07109-302
Instructor: Ari Peach

Sat. from
 12:00pm - 2:00pm

Join this musical ensemble to learn how to play the Angklung, an Indonesian instrument crafted from bamboo. You will then get the opportunity to perform at various events in the community.

Free

Open Pickleball
Activity #R07091-308

Fri. from
 10:30am - 1:00pm

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Join others for a friendly game at your leisure.

Free

Open Bocce Ball

Mon. - Sat. from
 9:00am - 3:00pm

Bocce Ball is a lawn or yard game that's played with eight weighted balls aimed at a smaller target ball known as a pallino. See front desk for equipment.

Free

Billiards
Activity #R07103-304 M-F
Activity #R07103-305 Sat.

M-F 8:00am - 4:00pm
 Sat. 9:00am - 3:00pm

Come in and join us for a game of Billiards. Pool Room is open to everyone during center hours.

Free

Table Tennis
Mon Activity #R07097-306
Fri Activity #R07097-302

Mon. from
 12:00pm - 2:00pm
 Fri. from
 10:30am - 12:00pm

Table Tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles. See front desk for equipment.

Free

Beginner Level Pickleball
Activity #R07091-306
Instructor: Brad Paleg

Thurs. from
 1:00pm - 2:30pm

This class is for those who have never played pickleball or are just starting. No experience necessary. Space is limited, so sign up early!

Free

Intermediate Level Pickleball
Activity #R07091-307
Instructor: Coach Brad Praleg

Thurs. from
 2:30pm - 4:00 p.m.

This class is for novice pickleball players who are ready to take their skills to the next level. Space is limited, so sign up early!

Free

Upcoming at Schweinhaut

Senior Planet Lectures and Classes

Upcoming May presentations include How to Choose a New Computer (5/2), Graphic Design Tools (5/4), Getting Started with Canva (5/9) and Podcasts (5/11). No experience necessary.

A **Chrome Essentials** Computer Class will be held from 5/16/23 - 6/15/23 from 9:30am - 10:45am. Learn all the basics about your new Chromebooks. Please sign up for all Senior Planet events.

Gardening at Schweinhaut

The flower gardens in the front and sides of the MSSC Building are maintained by a small group of volunteers from the Center. We could use more people to help with this. If anyone would like to join us—this involves weeding, trimming, and watering the plants—please leave your name and phone number at the front desk and we will contact you.

Nutrition Program - Socialize while enjoying a healthy meal!

Monday through Friday • Noon • Almost Café

The cost of the meal is \$7.05. For people age 60 or older, or a spouse of any age and a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please cancel your reservations for lunch, Monday through Friday, by noon a day in advance.

For more information, call 240-777-8085 and ask for the Nutrition Site Manager, Lisa Buchsbaum.

Daily Transportation— Door to Door Transportation

Monday through Friday • Pick ups start at 8am • Departs the center at 2pm

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call Evelyn Kittrell at 301-255-4214.

Changes or cancellations, call 301-255-4214.

Montgomery County Inclement Weather Policy

If Montgomery County Public Schools are closed, MSSC will be closed. If there is a delayed opening, MSSC opens at 10:00am.

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety, the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work, or home phone via text, email, or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or by calling 240-777-6889, or by visiting our Facebook or Twitter pages.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as their first priority.



**Community Partnerships
Make Wonderful Things Happen!
Thank you to the following organizations...**

AARP

Adventist Health Care

Affiliated Sante Group

Akhmedova Ballet Academy

Beacon Newspapers

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

Holy Cross Health

United Health Care & Integral Health Care

U.S. Postal Service

Woodmoor Pastry Shop

**Support
The Friends of
MSSC, Inc.
For more details,
see the main
office.**

Announcements

Senior Shape Exercise Programs with Suburban Hospital

Starting in July we will be bringing back exercise programs sponsored by Suburban Hospital. Keep an eye out for more information and how to sign up.

Tech TeenWorks

Coming in June we will have a TeenWorks staff here at the center helping with everyday tech needs and registrations.

Bocce Ball Instructor

We are looking for a Bocce Ball instructor for our new courts. If you are interested or know someone who is interested, please let us know. We have new Bocce Ball drop-in hours. See sports in recurring activities for times.

Have Our Newsletter Emailed

You can have our monthly newsletter emailed directly to your personal email address! Sign up at the front desk or see Jennifer in the office.

Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?

Call Elaine Hughes at 301-589-0720 or email at eshughes2@juno.com and get your clothes mended, free of charge!

Copies of Open Pickleball Play schedule is posted at the center. We can also email it to you.

May Mini-Trips

Brookside Gardens

Wednesday, May 3rd • 9:30am - 2:00pm

Second Ave. Thrift Store & Lunch

Friday, May 5th • 9:30am - 2:00pm

Fashion Show at Long Branch

Wednesday, May 17th • 10:30am - 2:00pm

RIO Washingtonian Center

Friday, May 26th • 9:30am - 2:00pm



Upcoming Programs – Look at what is coming in June

Tuesday, June 6th	Glaucoma Screening by Prevention of Blindness
Wednesday, June 7th	Metro Travel Training Mini-Trip
Thursday, June 15th	World Elder Abuse Awareness Day
Friday, June 23rd	55+ BBQ Bonanza @ Smokey Glen Farm
Wednesday, June 28	Recycling Presentation by EPA

Please note that the above programs are tentative and changes could be made. We will make every effort to relay any changes as they occur. Keep an eye out for additional programs at our information area.



Check out our Website!

At ACTIVEMONTGOMERY.ORG

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs. You can sign up for all programs here.